

Making Smart Choices!

Nutrition Label Word Search

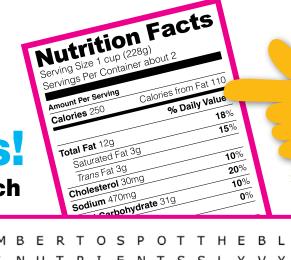
All of the words hidden below can be found on food packages. Some are on the **Nutrition Facts Label**; others are on the ingredient list.

Find them here first ... then be sure to use them to compare foods when making nutritional choices!

- □ calcium
- □ calories
- □ carbohydrate
- □ cholesterol
- ☐ facts
- ☐ fiber
- ☐ ingredients
- □label
- ☐ minerals
- □ nutrients
- □ percent dv
- □ potassium
- □ protein
- ☐ saturated fat
- ☐ serving size
- ☐ sodium
- ☐ sugar
- ☐ trans fat
- ☐ unsaturated
- □ vitamins

The Nutrition Facts Label: No Searching Required!

It's easy to use the **Nutrition Facts Label** when choosing snacks. Here are some quick tips for smart choices!



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Check out the serving size.

One package may contain more than one serving!



Consider the calories.

400 or more calories per serving of a single food is high.



Choose nutrients wisely.

Pick foods that are lower in certain fats, cholesterol and sodium when making daily food choices.

